ORDERS THOVGHT MEET BY HIS MAIESTIE, AND his Priuie Councell, to be executed throughout the Counties of this Realme, in such Townes, Villages, and other places, as are, or may be hereafter infected with the Plague, for the ſtay of further increaſe of the ſame.

Alſo,

An Aduice ſet downe by the beſt learned in Phyſicke within this Realme, containing ſundrie good Rules and eaſie Medicines, without charge to the meaner ſort of people, as well for the preſeruation of his good Subiects from the Plague before Infection, as for the curing and ordering of them after they ſhall be *infected*

LONDON,
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BIBLIOTHECA BODLEIANA

ORDERS THOVGHT meet by his Maieſtie, and his Priuie Councell, to be executed throughout the Counties of this Realme, in ſuch Townes, Villages, and other places, as are, or may be hereafter infected with the Plague, for the ſtay of further increaſe of the ſame.

AS the moſt louing and gracious care of his MAIESTIE for the preſeruation of his people, hath already beene earneſtly ſhewed and declared by ſuch meanes and wayes as were thought expedient to ſuppreſſe the grieuous Infection of the Plague, and to preuent the increaſe thereof, within the Citie of *London*, and parts about it; ſo whatſoeuer other good meanes may be yet remaining, which may extend and proue behouefull to the Countrey abroad (where his MAIESTIE is ſorie to vnderſtand that the Contagion is alſo in many places diſperſed) it is likewiſe his graci-

ous pleaſure that the ſame bee carefully prouided and put in practiſe. And therefore hauing taken knowledge of certaine good Orders that were vpon like occaſion publiſhed in times paſt; together with certaine Rules and Medicines preſcribed by the beſt and moſt learned Phyſitians; and finding both of them, to ſerue well for the preſent time, his MAIESTIE is pleaſed that the ſame ſhall bee renewed and publiſhed: And withall ſtraightly commandeth all Iuſtices of the Peace and others to whom it may appertaine, to ſee the ſaid Orders duely executed.

IN primis, All the Iuſtices in euerie County, as well within the Liberties as without, immediatly vpon knowledge to them giuen, ſhall aſſemble themſelues together at ſome one generall place accuſtomed, being cleare from Infection of the Plague, to conſult how theſe Orders following may be duely put in execution not meaning that any Iuſtices dwelling in or neare places infected, ſhall come thither, whiles their comming may be doubtfull. And after their firſt generall aſſembly, they ſhall make a diſtribution of themſelues to ſundry limits and diuiſions, as in other common ſeruices of the Countie they are accuſtomed to doe, for the proſecution thereof.

2 Firſt,

2 Firſt, they ſhall inquire, and preſently informe themſelues by all good meanes, what Townes and Villages are at that time of ſuch aſſemblie infected within euery their Counties, and in what Hundred or other Diuiſion, the ſaid Townes and Villages are, and how many of the ſame places ſo infected, are corporate Townes, market Townes and Villages, and ſhall conſider of what wealth the inhabitants of the ſame Townes and Pariſhes are, to be able to relieue the poore that are or ſhall be infected, and to be reſtrained in their houſes.

3 Item, thereupon after conference vſed according to the neceſſitie of the cauſe, they ſhall deuiſe and make a generall taxation, either by charging the Towne infected with one ſumme in groſſe, or by charging the ſpeciall perſons of wealth within the ſame, to be forthwith collected for the rate of one moneth at the firſt, and ſo if the ſickneſſe ſhall continue, the collection of the like ſumme, or of more or of leſſe, as time and cauſe ſhall require, and the ſame to be euery firſt, ſecond, third, or fourth weeke employed to and for the execution of the ſaid orders. And in caſe ſome of the ſaid Townes infected ſhall manifeſtly appeare not to be of ſufficient abilitie to contribute ſufficient for the charges requiſite, then the taxation or collection ſhall bee made or further extended to other parts, or in any other further limits, as by them ſhall be thought requiſite where there ſhall be any ſuch Townes or Villages ſo infected, and vnable to releeue themſelues. And if the ſaid Townes be ſcituated in the borders and confines of any o-

ther ſhire, then as the Juſtices ſhall ſée cauſe and néede for the greatneſſe of the charge requiſite, that the parts of the ſhire ioyning to the Townes infected be not able, they ſhall write their letters to the next Juſtices of the other Shire ſo confining, to procure by collection ſome reliefe, as in like caſes they are to relieue them, in reſpect of néere neighbourhood of the place, and for that the ſame infection may be the better ſtaied from the ſaid adioyning places, though they be ſeparated by name of the Countie.

4 Item, they ſhall cauſe to be appointed in euery Pariſh aſwell infected as not infected, certaine perſons to view the bodies of all ſuch as ſhall die, before they be ſuffered to be buried, and to certifie the Miniſter of the Church and Churchwarden, or other principall Officers, or their ſubſtitutes, of what probable diſeaſe the ſaid perſons died: and the ſaid viewers, to haue weekly ſome allowance, and the more large allowance where the Townes or Pariſhes be infected, during the infection, towards their maintenance, to the end they which ſhall be in places infected, may forbeare to reſort into the company of others that are ſound: and thoſe perſons to be ſworne to make true report according to their knowledge, and the choiſe of them to be made by direction of the Curate of the Church, with three or foure ſubſtantiall men of the Pariſh. And in caſe the ſaid viewers either through fauour or corruption, ſhall giue wrong certificate, or ſhall refuſe to ſerue being thereunto appointed, then to cauſe them to be

punished

punished by imprisonment, in such sort as may serue for a terror to others.

5 Item, the houses of such persons out of the which there shall die any of the plague, being so certified by the viewers, or otherwise knowne, or where it shall be vnderstood, that any person remaineth sicke of the plague, to be closed vp on all parts during the time of restraint, viz. six weeks, after the sickenesse be ceased in the same house, in case the said houses so infected shall be within any Towne hauing houses neere adioyning to the same. And if the infection happen in houses dispersed in Villages, and separated from other houses, and that of necessitie, for the seruing of their cattle, and manuring of their ground, the said persons cannot continue in their houses, then they to be neuertheleſſe restrained from resorting into company of others, either publikely or priuately during the said time of restraint, and to weare some marke in their vppermost garments, or beare white rods in their hands at such time as they shall goe abroad, and if there be any doubt that the masters and owners of the houses infected, will not duely obserue the directions of shutting vp their doores, specially in the night, then shall there be appointed two or three watchmen by turnes, which shall be sworne to attend and watch the house, and to apprehend any person that shall come out of the house contrary to the order, and the same persons by order of the Justices, shall be a competent time imprisoned in the stocks in the highway next to the house infected: and further-more some speciall marke shall be made and fixed

to the dwꝛes of euery of the infected houſes, and where any ſuch houſes ſhall be Innes oꝛ Alehouſes, the ſignes ſhall be taken downe foꝛ the time of the reſtraint, and ſome croſſe oꝛ other marke ſet vpon the place thereof to be a token of the ſickneſſe.

6 Item, they ſhall haue good regard to chuſe honeſt perſons that either ſhall collect the ſummes aſſeſſed, oꝛ ſhall haue the cuſtodie thereof, and out of the ſaid collection to allot a weekely pꝛopoꝛtion foꝛ the finding of victuall, oꝛ fire, oꝛ medicines foꝛ the powꝛer ſoꝛt, during the time of their reſtraint. And whereas ſome perſons being well diſpoſed to yéeld almes and relieſe, will be moꝛe willing to giue ſome poꝛtions of victuall, as coꝛne, bꝛead, oꝛ other meat, the ſame ſhall be committed to the charge of ſome ſpeciall perſons, that will honeſtly and truly pꝛeſerue the ſame, to be diſtributed as they ſhall be appointed foꝛ the powꝛe that are infected.

7 Item, to appoint certaine perſons dwelling within the townes infected, to pꝛouide and deliuer all neceſſaries of victuals, oꝛ any matter of watching oꝛ other attendance, to kéepe ſuch as are of good wealth being reſtrained, at their owne pꝛoper coſts and charges, and the powꝛe at the common charges: and the ſaid perſons ſo appointed to be oꝛdered, not to reſoꝛt to any publique aſſembly during the time of ſuch their attendance, as alſo to weare ſome marke on their vpper garment, oꝛ to beare a white rod in their hand, to the end others may auoid their companie.

8 Item,

8 Item, that in the Shire Towne in euery Countie, and in other great townes méet for that purpoſe, there may bee prouiſion beſpoken and made, of ſuch preſeruatiues and other remedies, which otherwiſe in meaner townes cannot be readily had, as by the Phyſitians ſhall be preſcribed, and is at this preſent reduced into an Aduiſe made by the Phyſitians, and now printed and ſent with the ſaid Orders, which may be fixed in marked places, vpon places vſuall for ſuch publique matters, and in other townes in the bodies of the parish Churches and Chappels, in which aduiſe onely ſuch things are preſcribed, as vſually are to be had and found in all countries without great charge or coſt.

9 Item, the Miniſter and Curates, and the Churchwardens of euery parish, ſhall in writing certifie weekely to ſome of the Juſtices, reſiding within the Hundred or other limit where they ſerue, the number of ſuch perſons as are infected and doe not die, and alſo of all ſuch as ſhall die within their Parishes, and their diſeaſe probable whereof they died, and the ſame to be certified to the reſt of the Juſtices at their Aſſemblies, which during ſome conuenient time would bee euery one and twenty dates, and thereof a particular booke kept by the Clerke of the Peace or ſome ſuch like.

10 Item, to appoint ſome place apart in each parish for the buriall of ſuch perſons as ſhall die of the plague, as alſo to giue order that they bee buried after Sunne-ſetting, and yet neuertheleſſe by day light, ſo as the Curate bee preſent for the

obſeruation of the Rites and Ceremonies preſcribed by the Law, foreſeeing as much as conuenient-ly he may, to be diſtant from the danger of infection of the perſon dead, or of the company that ſhall bring the corps to the graue.

11 Item, the Juſtices of the whole Countie to aſſemble once in one and twenty dayes, to examine whether thoſe orders bee duely executed, and to certifie to the Lords of the Priuie Councell their proceedings in that behalfe, what Townes and Villages be infected, as alſo the numbers of the dead, and the diſeaſes whereof they dyed, and what ſums of money are tared and collected to this purpoſe, and how the ſame are diſtributed.

12 Item, the Juſtices of the hundred, where any ſuch infection is, or the Juſtices next adioyning thereunto, to aſſemble once a weeke, to take accompt of the execution of the ſaid Orders, and as they finde any lacke or diſorder, either to reforme it themſelues, or to report it at the generall aſſemblie there, to bee by a more common conſent reformed.

13 Item, for that the contagion of the plague groweth and encreaſeth no way more, then by the vſe and handling of ſuch clothes, bedding and other ſtuffe as hath beene worne and occupied by the infected of this diſeaſe, during the time of their diſeaſe: the ſaid Juſtices ſhall in the places infected take ſuch order, that all the ſaid clothes and other ſtuffe, ſo occupied by the diſeaſed, ſo ſoone as the parties diſeaſes of the plague are all

of

of them either well recouered or dead, bee either burnt and cleane consumed with fire, or else ayred in such sort as is prescribed in an especiall article contained in the Aduise set downe by the Physicians. And for that peraduenture the losse of such apparell, bedding and other stuffe to be burnt, may be greater then the poore estate of the owners of the same may well beare: it is thought very good and expedient if it bee thought meet it shall bee burnt, that then the said Iustices, out of such collections as are to be made within their Counties for the reliefe of the poorer sort that bee infected, allow also to them such summe or sums as to them shall be thought reasonable, in recompence of the losse of their said stuffe.

14 Item, the said Iustices may put in execution any other Orders that by them at their generall assembly shall bee deuised and thought meet, tending to the preseruation of his Maiesties subiects from the infection: and to the end their care and diligence may the better appeare, they shall certifie in writing the said Orders newly deuised: and if any shall wilfully breake and contemne the same or any of the orders herein specified, they shall either presently punish them by imprisonment, or if the persons so contemning them, shall be of such countenance as the Iustices shall thinke meet to haue their faults knowne to his Maiesty, or to the Councell they shall charge and binde them to appeare before Vs, and the contempt duly certified, that there may be a more notorious sharpe example made by punishment of the same by order of his Maiesty.

15 Item, if there be lacke of Juſtices in ſome parts of the Shire, or if they which are Juſtices there ſhall be for the time abſent, in that caſe the more number of the Juſtices at their aſſembly ſhall make choiſe of ſome conuenient perſons to ſupply thoſe places for the better execution hereof.

16 Item, if there be any perſon Eccleſiaſticall or Lay, that ſhall hold and publiſh any opinions (as in ſome places report is made) that it is a vaine thing to forbeare to reſort to the Infected, or that it is not charitable to forbid the ſame, pretending that no perſon ſhall die but at their time prefixed, ſuch perſons ſhall bee not onely reprehended, but by order of the Biſhop, if they bee Eccleſiaſticall, ſhall be forbidden to preach, and being Lay, ſhall be alſo enioyned to forbeare to vtter ſuch dangerous opinions vpon paine of impriſonment, which ſhall be executed if they ſhall perſeuere in that error. And yet it ſhall appeare manifeſtly by theſe Orders, that according to Chriſtian charitie, no perſons of the meaneſt degree ſhall be left without ſuccour and relefe.

17 And of theſe things aboue mentioned, the Juſtices ſhall take great care, as of a matter ſpecially directed and commanded by his Maieſty vpon the princely and naturall care he hath conceiued towards the preſeruation of his ſubiects, who by euery diſorder, and for lacke of direction doe in many parts wilfully procure the increaſe of this generall contagion.

An

An aduiſe ſet downe by the beſt learned in Phyſicke within this Realme:

Containing ſundry good Rules and eaſie Medicines, without charge to the meaner ſort of people, as well for the preſeruation of his good *Subiects from the Plague before infection, as for* the curing and ordering of them after they ſhall be infected.

Preſeruatiue by correcting the aire in houſes.

TAke Roſemary dried, or Iuniper, Bay-leaues, or Frankincenſe, caſt the ſame on a Chafendiſh, and receiue the fume or ſmoke thereof: ſome aduiſe to be added Lauander, or Sage.

Alſo to make fires rather in pannes, to remooue about the Chamber, then in Chimneys, ſhall better correct the aire of the houſes.

Take a quantitie of Vineger very ſtrong, and put to it ſome ſmall quantitie of Roſewater, ten branches of Roſemarie, put them into a Baſen, then take fiue or ſix Flintſtones, heated in the fire till they be burning hot, caſt them into the ſame Vineger, and ſo let the fumes be receiued from place to place of your houſe.

Perfuming of Apparell.

SUch apparell as you ſhall commonly weare, let it be very cleare, and perfume it often either with

with ſome red Saunders burned, or with Iuniper. And if any ſhall happen to be with them that are viſited, let ſuch perſons as ſoone as they ſhall come home, ſhift themſelues, and aire their clothes in open aire for a time.

Preſeruation by way of defence in open aire, and common aſſemblies to be vſed outwardly.

IT is good in going abroad into the open aire in the ſtreets, to hold ſome things of ſweet ſauour in their hands, or in the corner of an handkerchiefe, as a ſponge dipped in Vineger and Roſewater mixed, or in Vineger, wherein Wormewood, or Rue called alſo Herbegrace, hath béene boyled.

Preſeruatiue by way of inward medicine.

TAke a quantity of Rue, or Wormewood, or of both, and put it into a pot of vſual drinke, cloſe ſtopped, let it lie ſo in ſteepe a whole night, and drinke thereof in the morning faſting.

In all Sommer plagues, it ſhall be good to vſe Sorell ſauce to be eaten in the morning with bread. And in the fall of the leafe to vſe the iuyce of Barberies with bread alſo.

When bodies are apt to take infection, either
- By the conſtitution of the heart, the vitall ſpirits being weake, and the naturall heat féeble, in which caſe things Cordiall are to be vſed.
- By repletion, the body being filled with humors, either
  - Good, and then is the party to bée let bloud.
  - Euill, & then he is to be cured with medicine purgatiue.

Preſer-

Preſeruatiues Cordials.

Mithridates Medicine.

TAke of good Figges, not wozme-eaten, cleane waſhed, of Walnuts the kernels cleane picked, of either of them an hundzed, of the leaues of grẽne Rue, otherwiſe called Herbegrace, the weight of ij. ſ. of common Salt the weight of iij. ð. cut the Figges in pieces, and ſtampe them and the Walnut kernels together in a mozter of marble oz wood a good ſpace, vntill they be very ſmall, & then put the Rue leaues vnto them, ſtampe and ſtirre them well together with the reſt, laſt put in the Salt, and ſtamp and ſtir theſe things together, vntill they be incozpozated & made of one ſubſtance. Of the which take the quantitie of ij. oz iij. Figges euery mozning faſting, to childzen the halfe will ſerue, and hee that liſteth to increaſe oz diminiſh the ſubſtance of this medicine, ſhall eaſily do it, by taking of a greater oz leſſe quantity of the ſimples accozding to a due pzopozrion.

A well approued Medicine to preſerue.

TAke of the fineſt cleare Aloes you can buy, in colour like to a Liuer, & therefoze called Hepatica, of Cinamon, of Myrrh, of each of theſe the weight of iij. French crownes, oz of xxij. ð. of our money, of Cloues, Maces, Lignum Aloes, of Maſtick, of Bole Oriental, of each of theſe halfe an ounce: mingle them together and beat them into a very fine powder. Of the which take euery mozning faſting the

weight

weight of a groat of this in white wine delayed with water, and by the grace of God you ſhall be ſafe from the Plague. No man which is learned, if he examine the ſimples of this medicine whereof it conſiſteth, and the nature and power of them, can deny but that it is a medicine of great efficacy againſt the Plague, and the ſimples whereof it is made, are eaſily to be had in any good Apothecaries ſhop, except Bole Oriental, which is vſed in the ſtead of true Bolus Armenus.

Take a dry Figge and open it, and put the kernell of a Walnut into the ſame being cut very ſmall, three or foure leaues of Rue, commonly called Herbegrace, a corne of Salt, then roſt the Figge and eat it warme, faſt three or foure houres after it, and vſe this twice in the weeke.

Take the powder of Turmentil, the weight of vj. pence, with Sorrel or Scabious water in Summer, and in Winter with the water of Valerian, or common drinke.

Or elſe in one day they may take a little Wormewood, and Valerian with a graine of Salt. In another day they may take vij. or viij. berries of Iuniper, dried and put in powder, and taking the ſame with common drinke, or with drinke in which Wormwood and Rue hath beene ſteeped all the night.

Alſo the Triacle called Dieteſſearoum, which is made but of 4. things of light price eaſie to be had.

Alſo the root of Enula Campana, either taken in powder with drinke, or hanged about the breſt.

Likewiſe a peece of Arras root kept in the mouth as men paſſe in the ſtreets, is very good Cordiall.

Take ſix leaues of Sorrell, waſh them with water and Vinegar, let them lie to ſteepe in the ſaid

water

water and vineger a while, then eat them fasting, and kéep in your mouth and chew now or then either Stewall, or the root of Angelica, or a little Cinamon.

Take the root of Enula Campana being laid and stéeped in vineger, and grosse beaten, put a little of it in a handkerchiefe, and smell to it if you resort to any that is infected.

¶ For women with childe, or such as be delicate and tender, and cannot away with taking of medicines.

MAke a tosse of white or of the second bread as you think good, and sprinckle on it being hot, a little good wine-vineger, made with Rose-leaues, and for want of it, any good common, or vsed Vineger, and spread on the tosse a little butter, and cast thereon a little powder of Cinamon, and eat it in the morning fasting. The poore which cannot get vineger nor buy Cinamon, may eat bread and butter alone: for butter is not onely a preseruatiue against the Plague, but against all manner of poysons.

When one must come into the place where infectious persons are, it is good to smell to the root of Angelica, Gentian, or Valerian, and to chew any of these in his mouth.

Another preseruatiue for the Poore.

IT shall be good to take an handfull of Rue, and as much common Wormwood, and bruse them a little: and put them into a pot of earth or tinne, with so much vineger as shall couer the herbes: kéepe this pot close couered, or stopped, and when you feare any infection, dip into this vineger a péece of a sponge, and carry it in your hand, and smell to it, or else put it into a round ball of Yuorie, or Iu-

niper made full of holes of the one ſide, carrying it in your hand vſe to ſmell thereunto, renuing it once in a day.

To be vſed after infection taken.

FOr as much as the cauſe of the Plague ſtandeth rather in poyſon than in any putrifaction of humours, as other Agues doe, the chiefeſt way is to moue ſweatings, and to defend the heart by ſome Cordiall thing.

Suppoſitarie.

IF the patient be coſtiue and bound in his body, let him take a Suppoſitary made with a little boyled Honie, and a little fine poulder of Salt, and ſo taken in at the Fundament, and kept till it moue a ſtoole.

An excellent Medicine made without charges.

TAke of the poulder of good Bayburies, the huſk taken away from them, before they be dryed, a ſpoonefull: Let the Patient drinke this, well mingled in a draught of good ſtale Ale or Beere, which is neither ſoure nor dead, or with a draught of white Wine, and goe to bed and cauſe himſelfe in a ſweat, and keepe as is aforeſaid.

Another ſoueraigne remedie, that is, a ſtilled water.

TAke the inward barke of the Aſh tree, a pound of Walnuts with the greene outward ſhelles, to the number of fifty, cut theſe ſmall, of Scabious, of Veruen, of Pettimorell, of Houſeleeke, of euery one a handfull, of Saffron halfe an ounce, power vpon theſe the ſtrongeſt Vineger you can get, foure

vnces

pintes, let them a little boyle together vpon a very ſoft fire, and then ſtand in a very cloſe pot well ſtopt all a night vpon the embers, afterward diſtill them with a ſoft fire, and receiue the water cloſe kept. Giue vnto the Patient laid in bed and well couered with clothes, two ounces of this water to drinke, and let him be prouoked to ſweate, and euery ſix houres, during the ſpace of twenty foure houres, giue him the ſame quantity to drinke. This medicine for the worthineſſe thereof, and becauſe it will ſtand the maker thereof in a little charge, it ſhall be very well done to diſtill it in Sommer when the Walnuts hang greene on the tree, that it may be readie againſt the time that occaſion ſerueth to vſe it.

1. *Bloudletting.*

IF the Patient be full of humors which be good, let him immediately be let bloud vpon the Liuer veine in the right arme, or in the Median veine of the ſame arme (if no ſore appeare) in the firſt day.

2. Medicine purgatiue.

FOr the Power take Aloes the weight of ſix pence, put in the pappe of an Apple: and for the richer Pills of Rufus to be had in euery good Apothecaries ſhop. After letting of bloud and purging (as ſhall be néedfull) ſome of the foreſaid Cordials are to be vſed.

Theſe preparations thus vſed the firſt day that the Patient ſhall fall ſicke, as cauſe ſhall be to vſe the one or the other (no ſore appearing) in which caſe if the ſore ſhall appeare, they are both to bee

forborne, the next is to vſe all meanes to expell the poyſon, and to defend the heart by Cordials.

3. Medicament expulſiue.

The poiſon is expelled beſt by ſweatings prouoked by poſſet Ale, made with Fenell and Marigolds in winter, and with Sorrell, Bugloſſe and Borage in Sommer, with the which in both times they muſt mixe the Triacle of Diateſſaroum, the weight of ix. d. and ſo to lay themſelues with all quietneſſe to ſweat one halfe houre, or an houre if they be ſtrong. For they that be neither full of humors, nor corrupt in humors, néede neither purging nor letting of bloud, but at the firſt plunge may moue themſelues to ſweat with cordiall things mixt with ſuch things as moue ſweat, and are before declared.

What is to be done when there is any riſing or ſwelling in any part.

When if by theſe three meanes the poiſon be expelled outward by botches, carbuncles or markes, called Gods markes, according as nature doth expell, ſo muſt the further proceedings be, prouiding ſtill, that they continue ſtill in vſe of the Cordiall and moderate ſweating now and then, all the time that the ſores be in healing, which muſt by the Surgion be handled with great diſcretion.

Medicines to be vſed in ordinarie diet.

It is thought that the poulder of Harts horne hath a ſpeciall prerogatiue, to be vſed all the

time

time of their ſickneſſe, in their broths, and ſupping, which in ſommer muſt euer haue Sorrell, Borage, Buglaſſe, and in winter, Betony, and Scabious, or Morſus Diaboli: and if their abilities doe not ſerue, let them vſe it with Aleburies made with a little Nutmegge, or one Cloue, or with Cawdles in like manner made with Cloues, Maces, Nutmegs, Sanders, or ſuch like.

Both to preſerue and cure the ſickneſſe.

TAke an egge and make a hole in the top of it, take out the white and yolke, fill the ſhell with the weight of two french crownes of Saffron, roſte the ſaid egge thus filled with Saffron vnder the embers, vntill the ſhell begin to ware yellow, then take it from the fire, and beat the ſhell and Saffron in a morter together, with halfe a ſpoonefull of Muſtard ſéed, take of this poulder a french crowne weight, and as ſoone as you ſuſpect your ſelfe infected, diſſolue it into ten ſpoonefuls of poſſet-ale, and drinke it luke-warme, then goe to bed and prouoke your ſelfe to ſweating.

To be vſed in the firſt time of the ſickneſſe.

ANother is to take fiue or ſix hand full of Sorrell that groweth in the field, or a greater quantitie according as you will diſtill more or leſſe of the water thereof, and let it lie infuſed or ſtéped in good vineger the ſpace of foure and twentie houres, then take it off and drie it with a linnen cloth put into a Limbecke, and diſtill the water thereof: And aſſoone as you finde your ſelfe touched with the ſickneſſe, drinke foure ſpoonefuls of the ſaid water with a little ſugar, and if you be

able,

able, walke vpon it vntill you doe ſweat, if not, keepe your bed, and being well couered, prouoke your ſelfe to ſweating, and the next day to take as much againe of it, a little before ſupper.

Item, to prouoke vomit with two ounces of ranke oyle, or walnut oyle, a ſpoonefull of the iuice of Celendine, and halfe a ſpoonefull of the iuice of radice root, ſo that the party Infected doe walke and not ſleepe, is better then any letting of bloud, or any purging. For the diſeaſe neither can ſuffer agitation of humors, nor when one is infected, hath no time to bleede or to purge.

Outward Medicines for to be applyed to the ſore.

The firſt.

TAke of Scabious two handfuls, ſtamp it in a ſtone morter with a peſtell of ſtone if you can get any ſuch, then put vnto it of old ſwines greaſe ſalted two ounces, and the yolke of an egge, ſtamp them wel together, and lay part of this warme to the ſore.

The ſecond.

TAke of the leaues of Mallowes, of Camomill flowers: of either of them an handfull, of Linſeede beaten into pouder two ounces, boyle the Mallow leaues firſt cut and the flowers of the Camomill in faire water, ſtanding aboue a fingers breadth, boyle all them together vntill all the water almoſt bee ſpent, then put thereunto the Linſeede, of Wheate flower halfe an handfull, of

ſwines

swines grease the skins taken away, thrée ounces, of oyle of Roses two ounces, stirre them still with a sticke, and set them all boyle together on a soft fire, wit hout smoake, vntill the water be vtterly spent, beate them altogether in a morter, vntill they be wel incorporated together, and in séeling smooth not rough: then make part thereof hot in a dish set vpon a chafindish of coales, and lay it thicke vpon a linnen cloth, applying to the sore.

Another excellent Medicine to ripen and bring out the sore.

TAke a white Onion cut in péeces, of fresh butter thrée ounces, of Leuen the weight of xii. ð of Mallowes one handfull, of Scabious (if it may be had) one handfull, of Cloues of Garlicke the weight of xx ð. boyle them on the fire in sufficient water, and make a pultesse of it and lay it warme to the sore.

Another.

TO the sore it selfe doe thus. Take two handfull of Valerian, thrée roots of Danewort, a handfull of Smalledge, or Louage, if you can get it, sée the them all in butter and water, and a few crummes of bread, and make a pultesse thereof, and lay it warme to the sore vntill it breake.

Another for the same.

IF you cannot haue these herbs, it is good to lay a loafe of bread to it hot as it commeth out of the ouen (which afterward shall be burnt, or buried in the earth) or the leaues of Scabious, or Sorrell, rosted, or two or three Lillie roots rosted vnder embers, beaten and applied.

A generall

An Aduise

A generall medicine for all sorts of people taken with the Plague, to be had without cost.

TAke of the root of Butter-burre, otherwise called Pestilent-wort, one ounce, of the root of great Valerian a quarter of an ounce, of Sorrell an handfull, boile all these in a quart of water to a pint, then straine it, and put thereto two spoonfuls of vineger, two ounces of good Sugar: boile all these together vntill they be well mingled, let the infected drinke of this so hot as he may suffer it, a good draught, and if he chance to cast it vp againe, let him take the same quantitie straight way vpon it, and prouoke himself to sweat, and he shall finde great helpe.

Time of continuance apart from common assemblies.

SUch as haue beene infected, should keepe their house, without being conuersant with the whole, vntill the sores shall haue left running and be perfectly whole and sound, which in sanguine and cholericke persons will be healed sooner, than in melancholicke, and flegmatike complexions.

SUch persons may not well be conuersant with them which are not infected, for the space of one moneth.

Infected clothes.

THe contagion suspected to remain in clothes, either woollen or linnen, cannot well be auoided by better meanes than by fire and water, by often washing and ayring the same in frosts, and sunshine, with good discretion, and burning the clothes of small value.

FINIS